

Our soul intention for this e-newsletter is to create a positive, uplifting, inspiring and spirit-filled message (in amongst the conventionally-perceived journalism practiced today). We extend this offering to you and hope, if only for a moment in time, we provide a hint of another reality that is there for your embracing. Enjoy! You are invited to share this e-newsletter with those family, friends, colleagues and acquaintances you think may be interested.

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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to rmeagher@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



We Are Only Every Seeing Ourselves

Many spiritual teachings inspire us to an awareness that we only ever meet ourselves; that every person we see is a mirror on our soul. I have come to learn what a beautiful blessing and teaching this is.

Everyone we have every met or seen in our lives merely shows us an aspect of ourselves. We are given the opportunity to observe ourselves.

This teaching is perhaps most challenging to accept when we look upon someone and condemn them for being any host of personalities or characters that society would frown upon—everything from the thief, rapist, dictator or child molester. Whatever it is we are seeing, is merely a reflection of that aspect of ourselves that lays in our sub-conscious or unconscious.

Equally true, however, are those people we look upon and see beauty or good. These aspects of ourselves also lay just below the surface of our conscious awareness. But they are there. That is why we are seeing them.

So what are we to do with this teaching, this awareness?

With an awareness of this teaching in our lives, we are given the opportunity to be less reactive to anyone or anything that appears in our lives. As each person comes in and out of our lives, we learn to become more an observer of the other person rather than a reactor to the other person. We begin to become more curious or interested in other people, regardless of what the other person appears to be showing us.

Where this teaching guides us is to the ultimate awareness that because we only ever see ourselves in other people, there actually is no other person. There is no person that is separate and distinct from us. This awareness brings us into unity consciousness as we realize the oneness that surrounds us at all times.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



2. Poem

Patience

The impatient are always
in a hurry.

They are trapped in the future
attached to fear and time.

The impatient follow self-made
goals that go nowhere.

The patient are never
in a hurry.

They are totally in the present,
bathed in timeless loving.

The patient have no need for goals,
except to be Home
in the Heart of God.

The patient are patient
because they know
they are already there.

Gerald G. Jampolsky

3. Quote or Question

“The trial of the world is not surmounted by trying to avoid it, but by living life as best we can, so that we may find out who we are in the process of taking responsibility for our lives and destinies.”

~ Thomas Clearly, The Essential Koran, p. 184

CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

Spiritual Guidance is honored to collaborate with other Spiritual Guides and Teachers to serve your personal journey toward enlightenment. If you would like to be a contributing Spiritual Guide and Teacher to this e-newsletter, please contact Spiritual Guidance (our contact information is at the very bottom of this e-newsletter).

4. Regiena Heringa – Notes from the Light – April 2019

Life-Force Energy—Part Two

In our previous message we spoke of this divine life-force energy which makes all physical things live and which interconnects all existence no matter the object, animal, person, world or dimension. Let us now continue.

As all matter holds an inner sacred vibration which is life-giving, so do you, as divinely created individuals, resonate to this same vibration. You may ask, “If all matter vibrates to the same life-force, what difference is there between a river and myself?”

To answer this question, let us speak of awareness and free-will.

Because life-force energy is the holy basis of material life, you may state that all physical objects, including the rock and the grasses are sacred. This is so. However, they are not aware of this sacredness. As human and divinely created beings living on Planet Earth, you have the opportunity to increase your awareness of this inner, vibratory energy. This is best done by lifting up your consciousness through your own free-will and cultivating noble thoughts and loving action.

The more you are aware of this life-force within you, the more you are attracted to it. This attraction motivates you to explore this force further and, consequently, encourages a wider conscious connectedness to life everywhere, including our own, we, who live in higher frequency worlds.

Of what importance is this awareness to your daily lives?

You may think that your world is becoming denser in thought and emotion. Perhaps this is presently so. However, there is a far greater reality which is swimming up from the depths of your world and moving down from its heavens. This higher vibrational reality now covers more and more of your world with its brilliant divine light of greater understanding and creates magnificent dialogue between vast planes of existence. This is making itself known to all upon your earth who are consciously living inside this life-force energy. You are being lifted—if you wish it. The magnetics in your body are aligning themselves towards this light. Your cells are increasingly opening up to this light. This life-force energy within you will continue to intensify—if you wish it. What is its purpose? To bring you home.

Hence, we ask you to contemplate the following: Will you take time to quiet sit and become familiar with this inner force? Will you feel it in your breath and in your thoughts? Will you open your awareness and sense that same life-force in the objects and animals and the people surrounding you? Will you also sense the loving beings within you and around you? This is an effective way to consciously experience connectedness.

Kindly remember that this connectedness is a universal and cosmic web sublimely woven with divine love, light and intelligence.

We leave you with this image: when next you feel the wind around you, imagine that it brings to you this sacred life-force energy as a golden banner of light. It is yours to wear, breathe in to and to share.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa is a spiritual teacher, counselor and messenger and co-founder of the Institute for Spiritual Unfoldment and Interworld Studies (ISUIS). Through her writings, meditations groups, teaching, music and painting, and in concert with those beings of higher vibrational dimensions, Regiena facilitates the expansion of mind and heart in all who wish to participate in the creation of the sacred new world. For more information, kindly visit ISUIS at www.nextagemission.com or write Regiena at rheringa@bell.net.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

5. Good News Of The Day

The stories below are reprinted from www.dailygood.org.

These stories of hope for a better future will inspire you to rediscover your humanity. Can you widen your views of climate to include all of nature as your self, seeing it all as sacred and valuable? How would a new economy be reorganized to inspire creativity and connection? How will working together, forming cooperatives and creating more connection help us to rediscover our capacity for growth and spirited evolution?

<http://www.dailygood.org/story/2203/20-social-change-books-to-read-in-the-new-year-shareable/>

Be The Change: What change do you want to see in the world? What is one step that you could take today to move in that direction in your own life?

Our daily interactions have great potential: to shape our futures, our families, our life's work, or simply to brighten someone's day. We often don't know where a brief exchange with the checkout clerk might lead or how our kind words will impact a stranger. Yet sometimes we are given the gift of witnessing a single conversation's journey, gaining glimpses into the lives it touches along the way. In this heartwarming piece, writer Emily Barr shares how lending an ear to those in need can have profound results, and that no matter our circumstances, we each have the capacity to give and to receive. <http://www.dailygood.org/story/2244/three-minutes-and-a-pair-of-socks-emily-rose-barr/> **Be The Change:** Make an effort to engage with three strangers this week: while waiting in line, walking your dog, eating lunch, or during your daily commute. Approach each interaction with an open mind and see what unfolds. Journal about your experience or share your reflections with a friend.

Companions for Courage in Orlando, Florida, is a community outreach program that provides therapy dogs for children who have experienced trauma and need to confront that trauma in court. The dogs provide a sense of security, creating a bond with child victims, giving them the courage and confidence to face the court situation. The dogs enable the children to stay calm and tell their stories. The children feel protected with a big dog at their side as they face the reason for their trauma. A dog truly can be their best friend in this challenging experience. <http://www.karmatube.org/videos.php?id=7613> **Be The Change:** Explore therapy dog efforts in your community and consider how you can support them.

Brain Pickings' Maria Popova explores Ursula Le Guins life long love affair with the Tao te Ching. Le Guins relationship with this ageless wisdom began as a young child. Ursula's interpretation of this work spans almost 70 years. Her work with distilling the essence of the Tao continues to teach us about personal and political power. This beautiful interpretation makes the Tao more accessible to us in the present day, always with an ear to the voice that speaks to our souls. <http://www.dailygood.org/story/2160/a-small-dark-light-le-guin-on-the-legacy-of-the-tao-te-ching-maria-popova/> **Be The Change:** What does personal power mean to you? What are some ways you have given your power away? How can you develop your personal power for the good of all?

Many adolescents growing up in poverty have limited resources to help them cope with the difficulties their circumstances may bring: violence, resource scarcity, homelessness, to name but a few. In Philadelphia, the poorest of America's ten largest cities, the Inner Strength Foundation is equipping aspiring youth from vulnerable communities with tools to self reflect, develop interpersonal skills, and gain perspective on how our culture and physiology affect us. Founded in 2014 by Amy Edelstein, the twelve-week mindfulness-based course encourages participants to live from a place of gratitude and foster connections built on caring and

kindness. "Gratefulness draws on the best of the human spirit in all of us," says Edelstein. "It renews and refreshes ourselves, and best of all it is contagious. The more grateful we are, the more we experience the richness of life and the more others around us do too." <http://www.dailygood.org/story/2245/inner-strength-foundation-the-gratefulness-team/> **Be The Change:** Make your own list of ways you can show kindness to others during the week. Put your words into action and practice doing something each day.

Mary O'Malley is an author, counselor, and acknowledged leader in the field of spiritual awakening. In this interview with Tami Simon, Mary discusses the eight "spells" that keep us feeling separate from life as well as the remedies that bring us more fully into the energetic flow of existence. She speaks of the need for curiosity and the role it plays in uniting our attention with our present-moment experience. Finally, Mary explains her understanding of the awakening process and the skills one can cultivate to come into a robust and joyous alignment with life itself. <http://www.dailygood.org/story/2201/what-s-in-the-way-is-the-way-tami-simon/> **Be The Change:** Tami Simon says it would help to recognize "how we clamp down in certain situations and resist what we don't want to feel." Notice whether that applies to you and discover whether allowing what you feel to appear "with curiosity and spaciousness" might offer a door to freedom from fear.

"Traditional Inuit parenting is incredibly nurturing and tender. If you took all the parenting styles around the world and ranked them by their gentleness, the Inuit approach would likely rank near the top. (They even have a special kiss for babies, where you put your nose against the cheek and sniff the skin.) The culture views scolding -- or even speaking to children in an angry voice -- as inappropriate, says Lisa Ipeelie, a radio producer and mom who grew up with 12 siblings. "When they're little, it doesn't help to raise your voice," she says. "It will just make your own heart rate go up." More in this fascinating article from NPR.

<http://www.dailygood.org/more.php?n=7981> **Be The Change:** For more inspiration read, "10 Life Changing Facts About Anger". <http://www.dailygood.org/story/312/10-life-changing-facts-about-anger-gail-brenner-phd/>

"In 2017, we released our labor of love film, "TeachMeToBeWILD: A Story of Hurt Children and their Animal Healers". This film is a universal healing story that brings together many interconnected elements: children, animals, nature, silence and the power of safe, non-judgemental listening spaces. One of our greatest inspirations to make the film was witnessing how Steve Karlin and John Malloy do not teach the children -- rather, they create a "safe space" where the children learn experientially. For more than 50 years, John Malloy has been leading healing circles in vulnerable communities." What follows is an article and video that vividly illustrate the multi-layered wisdom of his approach. <http://www.dailygood.org/story/2258/holding-circles-of-healing-rajesh-krishnan-anne-veh/> **Be The Change:** When have you experienced healing, and what facilitated the process? Reflect on how you might help nurture healing spaces for others in your own life.

In 'From These Wilds Beyond Our Fences,' Bayo Akomolafe points out that when Seventeenth-century physicist Francesco Grimaldi directed a focused ray of sunlight in a dark room, managing the ray so that it struck a thin rod and produced a shadow on a screen, he proved that light behaves in unexpected ways. In fact, light is only one side of a whole, like yin and yang. Thus "darkness is not the absence of light -- it is the very dance of light...Light and dark are not opposites or estranged cosmic forces that one side must defeat for there are no "sides."" <http://www.dailygood.org/story/2243/why-shadows-were-invented-bayo-akomolafe/> **Be The Change:** Psychiatrist C. G. Jung advised us to become familiar with our own shadow, the parts of us that we deny or whose influence over us we are unaware of. See if you can uncover some darkness in you that, when acknowledged, could allow you to become more whole, more wholly yourself.

"David George Haskell is an ecologist and evolutionary biologist whose work is located at the thrumming intersection between science and poetry. He integrates rigorous research with a deeply contemplative, immersive approach, and his subjects are unexpected and revelatory. His widely acclaimed, Pulitzer-finalist book, "The Forest Unseen," chronicles the story of the universe in one square meter of forest ground in Tennessee. His follow-up book in 2017, "The Songs of Trees," encompasses a study of humanity's varied roles within biological networks, as heard through the acoustics of a dozen trees around the world. As one reviewer put it, 'With a poet's ear and a naturalist's eye, Haskell re-roots us in life's grand creative struggle

and encourages us to turn away from empty individuality. The Songs of Trees reminds us that we're not alone and never have been." Haskell shares more about his work and perspectives in this interview.

<http://www.dailygood.org/story/2230/first-the-work-of-paying-attention-to-the-world-awakin-call-editors/>

Be The Change: For more inspiration read this piece by Haskell on NPR: "Life is the Network, Not the Self." <http://www.dailygood.org/more.php?n=7951a>

This powerful film chronicles the journey of Ibraheem Sarhan, a Syrian teenager, as he adapts to a new life in Winnipeg, Canada. Following the loss of his mother and four siblings in a bombing that left him injured, Ibraheem left Syria with his father. "We went out against our will and we shall return with our hope," he says. Watch Ibraheem as he navigates his first week of high school in this story of resilience and rebuilding.

<http://www.karmatube.org/videos.php?id=8270> **Be The Change:** Learn about the local refugee organizations in your community.

Mary Oliver was in a class by herself. Distinguished with a Pulitzer Prize and a National Book Award, she was viewed with suspicion by literary critics for her status as a kind of rock star poet. For those of us who read her like a daily liturgy, her name is synonymous with other such essential words: mystery, wild, awe, terror, devotion, gratitude, grace. All of them come alive in her simple poems, that seem to rise from the crossroad of nature and spirituality, brimming with good questions. Fabiana Fondevila begins her process of saying goodbye in this essay full of beautiful snippets from the poet who helped so many of us find our way home to devotion and prayer through wonder and awe. <http://www.dailygood.org/story/2246/mary-oliver-poet-of-awe-fabiana-fondevila/> **Be The Change:** Write down your favorite poem, by Mary Oliver or someone else. Add how this poem changed you. Leave this for someone else to find, like a hand reaching out to another who wonders.

Among the great questions of the human heart, none is more central than the question, "Who am I?" And among the great answers of the human spirit, none is more central than the experience of "I Am." In fact, in the course of an intensely lived human life--a normal human life filled with the search for Truth--this question and this answer eventually run parallel to each other, coming closer and closer together until the question becomes the answer and the answer becomes the question. <http://www.dailygood.org/story/2249/jacob-needleman-i-am-not-i-jacob-needleman/> **Be The Change:** Needleman describes "the call of I Am, the uniquely universal Self, the Purusha consciousness within every human being, the true source of love and understanding," saying it is both deep within us and close to the surface. Take a moment today and every day this week to listen for that call.

The treatment of immigrants and immigration policies in America are hot button topics. These policies, often seen as unlawful and dehumanizing, are catalyzing people across the nation to speak up for change. Prompted by YES! Magazine's winter 2019 student writing competition and Lornet Turnbull's article "Two-Thirds of Americans Live in the "Constitution-Free Zone", eight powerful young voices join this chorus to speak out against immigration practices within the nation. Their raw, personal experiences with racism and fear remind us of the sobering realities that exist in our world. The strength in their words reveals the impact each individual is capable of, and remind us of the power we each have to make a difference.

<http://www.dailygood.org/story/2255/8-brilliant-student-essays-on-immigration-and-unjust-assumptions-lornet-turnbull/> **Be The Change:** Do something today to expand the circle of your care. If inspired, find a coalition working for immigration reform near you and find out how you can help.

"Through repeated, in-depth exposure to nature's melodies, I soon developed a deep appreciation of their healing qualities and came to regard myself as a sound healer of sorts, with a focus on the voices of nature. I likened myself to an herbalist who goes into the forests and fields in search of medicinal herbs but I head into the wilds in search of immersive and atmospheric soundscapes that are transportive, relaxing, and that have a tonic effect on one's body and mind." Lang Elliott shares more from his decades of experience recording nature's healing sounds. <http://www.dailygood.org/story/2259/recording-the-healing-sounds-of-nature-lang-elliott/> **Be The Change:** Make time today to tune in to the sounds of nature around you. For more inspiration

read/listen to "My Song to Nature," another offering from Lang. <http://www.dailygood.org/story/2005/my-song-to-nature-lang-elliott/>

"Wouldn't you like to be part of a different kind of revolution?" In this excerpt from *The More Beautiful World our Hearts Know is Possible*, Charles Eisenstein presents an alternate view of being "revolutionary." Rather than continuing along the same path of urgency and effort and struggling with a problem, which come from a place of scarcity and domination, he suggests we slow down, do nothing, approach "life in a spirit of ease and play" so we can first, truly identify the problem, and second, open ourselves to creative energies that will bring about "something truly new for civilization." <http://www.dailygood.org/story/2241/the-problem-with-the-paradigm-of-urgency-charles-eisenstein/> **Be The Change:** Choose a problem that is plaguing you. Rather than struggle with it, sit with it in ease for a period of time to allow your creative energy to bubble up.

Rabbi Lerner's life work has been to develop a politics of meaning, to heal, repair and transform politics in the US. He feeds the hunger in us for a different kind of society - one based on the principles of caring, ethical and spiritual sensitivity, and communal solidarity. This inspiring interview shares more.

<http://www.dailygood.org/story/2253/at-one-ment-in-conversation-with-rabbi-michael-lerner-leslee-goodman/>

Be The Change: Take some time to examine your life this past year - is there an area where you feel you have fallen short of embodying the highest values of your God energy? What is a step you can take today - to realign with that energy?

6. Clues on Higher Ground

Reprinted from www.awakin.org.

By: **UB40**

Moon and stars sit way up high
Earth and trees beneath them lie
The wind blows fragrant lullaby
To cool the night for you and I
On the wing the birds fly free
Leviathan tames angry sea
The flower waits for honeybee
The sunrise wakes new life in me.

And every hour of every day I'm learning more
The more I learn, the less I know about before
The less I know, the more I want to look around
Digging deep for clues on higher ground...

The fishes swim while rivers run
Thru fields to feast my eyes upon
Intoxicated drinking from
The loving cup of burning sun
In dreams I'll crave familiar taste
Of whispered rain on weary face
Of kisses sweet and warm embrace
Another time another place

And every hour of everyday I'm learning more
The more I learn, the less I know about before
The less I know, the more I want to look around
Digging deep for clues on higher ground...

7. Why Busyness is Actually Modern Laziness

Reprinted from www.awakin.org.

By: Rasmus Hougaard and Jacqueline Carter

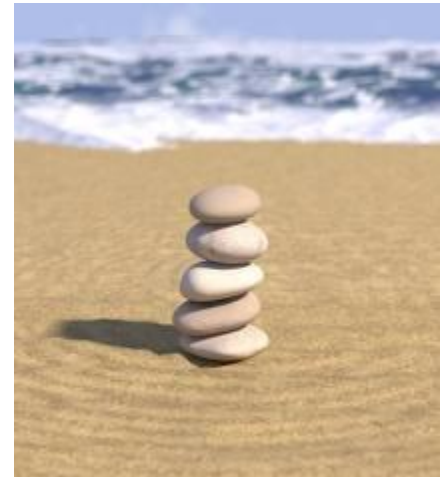
Action addiction is an advanced sort of laziness. It keeps us busily occupied with tasks. The busier we keep ourselves, the more we avoid being confronted with questions of life and death. As we keep ourselves occupied with tasks, important or not, we avoid facing life. We keep a safe and comfortable distance to the issues that are sometimes hard to look at. Have we chosen the right career? Are we present enough with our children? Is our life purposeful?

With all our activity we believe we get closer to something bigger. We might not know what it is, but we keep working at it. It's like climbing a ladder as fast as we can, hoping to get to the top. And someday we get there. We reach the top in the form of a job promotion or a newly acquired house. But what's the point of reaching the top of the ladder only to realize it's leaning against the wrong wall?

One time, the Dalai Lama was coming to town. More than 10,000 people were coming together to see him. Over 500 volunteers, dozens of security people, and masses of journalists had to be coordinated. The man behind it all, Lakha, was a little man in his late 70s and an old friend and study mate of the Dalai Lama. When I asked him, "Hi, Lakha, are you busy?" he turned, looked at me calmly and said, "There is lots of activity, but I am not busy." His presence spoke louder than his words. Lakha was overseeing a massive project with numerous deadlines and details to manage. There was lots going on, but it did not get to him. He was not busy.

On that day I realized clearly that busyness is a choice. We may have deadlines, projects, and activities, but we have the freedom to choose whether we become action addicts and busy-lazy, or just observe the experience of many activities. It's a choice. And the ability to make that choice comes from developing a clear mind, free of action addiction.

Nowadays we tend to all be busy, overburdened, and perhaps stressed. It is part of our identity. If we are busy we are important. If we are stressed, it's because we are committed and working hard. It's in the DNA of our modern societies. If we are not busy and stressed, we are not trying hard enough. Something is wrong with us. But Lakha showed a clear alternative; having many activities and being highly effective and productive, but maintaining mental clarity and calm -- not giving in to action addiction. Not being existentially lazy.



8. What Is Holding It Together?

Reprinted from www.awakin.org.

By: Nora Bateson

For you, a respite of uncontainability. Safe pages for words, to taste them as they find their rightness. Let them rest in their silky beds of lyrical dreams. Let them run like rivers down mountain-sides, arranging curves and switches where the textures change. Thoughts yet unmet arrive in cloaks of language, becoming bards to take you where you can see that you are wide inside.

Words are delicious, but cannot say much. They often lose the water of meaning before it is delivered. But they can be stirred to form descriptions of the breath, glances, gestures, and pulses between lives. Perhaps writing is finding a scrape in the skin of knowing, where the sting and dirt and blood of the day is let out, and music is let in.

There is no language to define the spiraling processes of the vast context we are participants in. We do not have names for the patterns of interdependency. To lock down the delicate filigree of life in explanation is to lose it, but not to see it is disastrous. Words are what we have. The why, of why we do anything at all, matters.

An inside-out kaleidoscope—a de-fragmenter—might be useful for looking at a fractured order through a lens of unity. A superhero in a comic book might have such a tool at her belt. The way we see affects what we do, in both the broad strokes of global study, and the details of a day. Playing with the limits of our perception, our knowing, and tweaking the cultural script is like using a lemon juice wash to reveal the invisible ink and unspoken scaffolding we inhabit.

The ink of interrelationship bleeds across the boundaries between professionalism, academic research, and the banality of daily life. Theory and philosophy are stained with the mundane and both are vis-à-vis. What holds this collection of sightings together? What holds anything together? Glue is superficial, so not that. Thread is better, sewing, mending the torn-apart seams of perception—possibly. It is the right question—what is holding it together?—and the question alone might be the source of inquiry. Surely a search for the elegance in a mess of weighted compensations, and river-washed shapings of the context of life, is enough of a spine. Perhaps?



9. School Strike for Climate Change

Reprinted from www.KarmaTube.org.

At a young age, Greta Thunberg realized that all of the facts and solutions about how to stop climate change are known. But why aren't we applying this knowledge in order to make a difference? At age 15, Greta started a school strike outside the Swedish Parliament. While many people tell her that she should be in school or that she should study to be a climate scientist, Greta believes that if nobody does anything to stop climate change now, studying for her future will be a waste of time. She is doing what she can to bring attention to this crisis, and has inspired students around the world to take action for the planet.

<http://www.karmatube.org/videos.php?id=8316>

10. The Price of Free

Reprinted from www.KarmaTube.org.

In this film about Nobel Peace Laureate Kailash Satyarthi, his journey to liberate every child from slavery is told in triumphant and devastating detail. "The Price of Free" follows Satyarthi and his team of activists around the world on secret raid and rescue missions as they hunt for missing children and work to reunite them with their families. <http://www.karmatube.org/videos.php?id=8349>

11. Therapy Dogs Help Kids with Trauma Tell Their Stories

Reprinted from www.KarmaTube.org.

Companions for Courage in Orlando, Florida, is a community outreach program that provides therapy dogs for children who have experienced trauma and need to confront that trauma in court. The dogs provide a sense of security, creating a bond with child victims, giving them the courage and confidence to face the court situation. The dogs enable the children to stay calm and tell their stories. The children feel protected with a big dog at their side as they face the reason for their trauma. A dog truly can be their best friend in this challenging experience. <http://www.karmatube.org/videos.php?id=7613>

12. We Became Fragments

Reprinted from www.KarmaTube.org.

This powerful film chronicles the journey of Ibraheem Sarhan, a Syrian teenager, as he adapts to a new life in Winnipeg, Canada. Following the loss of his mother and four siblings in a bombing that left him injured, Ibraheem left Syria with his father. "We went out against our will and we shall return with our hope," he says. Press play to watch Ibraheem as he navigates his first week of high school in this story of resilience and rebuilding. <http://www.karmatube.org/videos.php?id=8270>

13. Water from Stone

Reprinted from www.KarmaTube.org.

J David Bamberger's story begins like that of many self-made millionaires. He worked long hours, selling vacuum cleaners door to door, until he made enough money to co-found Church's Chicken, which made him a wealthy man. It is what he did next that set him apart. Inspired by the Amish in his home state of Ohio, Bamberger held the earth in reverence. In 1959 this passion led him to seek out a parcel of land that was in bad shape, somewhere that was dried out, over grazed, and desolate. He found that place and named it Selah, a word from the book of Psalms that reminds us to take time to stop and reflect on the beauty around us.

<http://www.karmatube.org/videos.php?id=7580>

14. Befriending Our Despair: Guidance from Joanna Macy

Reprinted from www.KarmaTube.org.

Joanna Rogers Macy is an environmental activist, author, and scholar of Buddhism, general systems theory, and deep ecology. In this short video she advises that pain alerts us to what needs attention. Pain is not the enemy of cheerfulness, but tells us there is suffering. When we face suffering, our hearts and eyes open to beauty. We are not alone in our despair and when we have the courage to speak of it, it cracks open so the love can be found. The key is not being afraid of the pain, not being afraid of the world's suffering. If you aren't afraid, nothing can stop you. <http://www.karmatube.org/videos.php?id=8159>

HEART AND SOUL ADVERTISEMENTS:

Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to rmeagher@servingyourjourney.com by the 25th of the month, for distribution in the following month's e-newsletter.

15. Sacred Attention Therapy

Sacred Attention Therapy (SAT) references the etymological meaning of therapy: "attending to soul". SAT is a new paradigm of psychological and spiritual growth and development and is based on Richard Harvey's ground-breaking approach to depth psychotherapy, and on his 3-stage model of human awakening (<http://www.therapyandspirituality.com/>). This new paradigm of psychotherapy / counselling is an approach that takes into account the ego-based individual and the desire of the individual to grow spiritually. SAT recognizes the fundamental, true, spiritual nature of humanity and the intense longing for the truth about our real, divine state. SAT involves listening with the whole self to the soul of the other. This is what therapy should always be, or at least always aim at, because this is the profound depth of healing and reverence which two gathered together in search of truth can bring about. For more information about SAT, visit these websites:

<http://www.servingyourjourney.com/Sacred-Attention-Therapy.html>

Sessions can be offered in person, by phone, or via Skype. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email (rmeagher@servingyourjourney.com).

16. A Course in Miracles Global Community Centre

Spiritual Guidance is honored to host the 'A Course in Miracles (ACIM) Global Community Centre.' This Centre is a meeting place for ACIM students and teachers from around the world to access coaching counselling, therapy, study and discussion groups, courses, a community café for you to communicate with other students and teachers, and helpful resources and links. Visit the ACIM Global Community Centre at <http://www.servingyourjourney.com/ACIM.html>.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

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